

For the month of August, we want to do something a little different, and recognize a group of our members.

For many local athletes, one of the most exciting events of the summer is the Show-Me State Games, and this year, as every year, our YMCA has had many participating members. The games host competition of the highest quality amateur and former-professional athletes across the state, with 2019's competition breaking over 20,000 competitors.

Of the tens of thousands of participants, the Southern Boone Area YMCA has its fair share of top performers and medal winners as members. We're thrilled that so many successful athletes choose our facility to train in and hone their skills.

The following highlights a few of our Show-Me State Games medal winners, and if you'd like your Show-Me State Games victory shared here, as well, feel free to contact the welcome desk!

Larry Pauley and Abby Pauley



Larry is a constant source of positivity around the Y, and gives appreciation to the Southern Boone Area YMCA for helping him get into shape for the 2021 Show-Me State Games and Show-Me State Senior Games, as well as outstanding support from the team at MU Physical Therapy. Athleticism runs in the Pauley family, with Abby Pauley winning five medals in track and field.

Larry won five medals in total, four from the Senior Games and one in the regular Show-Me Games, but placed in many more.

Pictured is Larry with his Senior Games medals, and Abby and Larry together at the Show-Me State Games with their medals.

Cindy and Dylan Frazier



Cindy and Dylan are outstanding athletes and pickleball champions. Cindy says that she uses the YMCA to stay healthy in cold and inclement weather, and uses her membership to play indoors at the Jefferson City YMCA. Dylan has begun playing on the professional pickleball circuit (currently ranked 19th in the world for men's doubles), and they train together for competitions like the Show-Me State Games and other tournaments around the country.

Cindy and Dylan are pictured here with Gold medals for mixed team, and Cindy is pictured again with her friend Jennifer winning women's team Gold.

Wes Buffington



Wes won gold medals in the 50-meter dash, 100-meter dash, 400-meter dash, 1500-meter run, running long jump, and standing long jump.

He's a regular at the YMCA and enjoys the opportunity to use the facilities to keep at his peak physical condition. He spent months training for the games, splitting his time between the Y and the Southern Boone HS track, and his efforts clearly paid off.

Wes is seen here in his typical modes.

Mike Craig



Mike is pretty much a folk hero in Ashland, having been a competitive body builder and powerlifter for five decades. He currently holds eight state records for powerlifting, and around the Y, he is a daily visitor.

Year after year, Mike brings home gold, and this year was no exception. If you have ever been to the YMCA in the early afternoon, you've probably seen and been impressed or inspired by his ability. A life-long dedication to his craft is readily apparent, and we're happy to have him.

Mike is pictured here at the Southern Boone YMCA and at competition during a gold medal win.